

## **Favorites From WRAL's Morning Team**

WRAL's morning crew is sharing some family favorites with us this month. Brian's grandmother gives the secret on how to make canned green beans taste homemade. Bill's family did it again with a creative shortbread cookie and Elizabeth just loves the oyster dressing that her family has enjoyed for years. Finally, Michelle brings us a light and fruity dessert while Kelcey delivers an old-fashioned family favorite with sentimental value. This is a great month of traditional and not so traditional family favorites that I know I will be adding to my recipe box as well.

### Elizabeth's Oyster Dressing

- ¼ cup of chopped onion
- 1-2 chopped garlic cloves
- ½ stick butter melted
- 2 sleeves of saltines
- ½ teaspoon sage
- ¼ teaspoon pepper
- 1 ½ cups of cream or ½ and ½
- 1 pt. container of oysters

In a pan lightly coated with cooking spray or olive oil, sauté the onion and garlic until translucent. Crumble/crush crackers in a zip lock bag and pour into a bowl. Add sage, pepper, onion and garlic to the crackers and stir to combine. Put a shallow layer in the bottom of a greased 9 x 13 casserole dish. Drain oysters except retain ¼ cup of liquid. Add a layer of oysters to the casserole. Then cover with remaining cracker mixture. Pour melted butter over the mixture and then add the ¼ cup of oyster liquid. Add cream to the casserole to moisten and fill until the liquid reaching about ½ inch from the top of the crackers. Bake on 350 for 30 minutes or until the edges of the oysters curl. It's easy to over-cook this and dry it out.

Lisa's notes: This dish is easy to over-cook and dry out so keep an eye on it. Elizabeth's oyster dressing is simple to make and provides a rich oyster flavor.

### Michelle's Fruit Trifle Recipe

- 1 pint blueberries
- Loaf of pound cake (16 oz.), cut into bite-size pieces
- 2 cups chopped fresh strawberries
- 1 can diced peach
- 3 kiwi, sliced
- 1 tub reduced-fat whipped topping (16 oz.)
- 1 package (3.4 ounces) instant vanilla pudding mix
- 4 cups milk

### Directions

1. Pour the blueberries into a strainer, rinse with water, and shake off excess water. Spread the berries out onto paper towels to dry slightly.
2. In another bowl, whisk milk and pudding mix for 5 minutes; let stand for 2 minutes or until soft-set.
3. In a deep, clear glass bowl or trifle bowl, spread a layer of pound cake chunks. Scatter the cake with chopped strawberries in a thin layer. Sprinkle the strawberries with a layer of blueberries, followed by a layer of diced peaches, then kiwi slices and top with half the pudding. Dollop a layer of whipped topping, then repeat layers until all cake and fruit has been used. Finish trifle with a layer of whipped topping. Cover the trifle, and refrigerate until chilled, about 1 hour.

**\*\***You can add a splash of your favorite dark rum to the pudding mix to give it extra flavor.

Lisa's Notes: Michelle's dish beautiful and delicious. The combination of fruit flavors is so inviting after a heavy holiday meal.

### Mrs. Carlson's Pineapple Upside Down Cake

1/2 C shortening (I bought the butter flavor)  
1 1/2 C sugar  
2 eggs  
2 1/2 C flour  
3 teaspoon baking powder  
1/2 teaspoon salt  
1 C milk  
1 teaspoon vanilla  
1 large can of pineapple rings  
Topping: 4 Tablespoons butter and 3/4 cup brown sugar

Cream shortening and add sugar gradually. Cream together until fluffy. Add unbeaten eggs one at a time and beat well. Mix flour, baking powder and salt together. Add to the shortening mixture, alternating with the milk and vanilla.

Topping: Warm the butter and brown sugar over low heat until smooth.

Spread the topping on the bottom of a generously greased 9 X13 dish. Put as many pineapple circles as you like on top of the brown sugar topping. Pour cake batter on top. Bake at 350 for 45 to 50 minutes. Put a flat serving tray on top of the cake pan and turn the cake over so that you can serve it with the pineapple showing on top!

Lisa's Notes: I love this old fashioned recipe! This is from Kelcey's grandmother's recipe box. The recipe card was so faded that she had to guess on a few things and she guessed right. This cake has a lot of sentimental value for Kelcey's dad and was made for every special occasion.

## Leslie Lavender Shortbread Cookies

### Ingredients:

3/4 pound unsalted butter, at room temperature

1 cup sugar

2 teaspoon dried lavender (you can buy this at Whole Foods)

1 teaspoon vanilla extract

3.5 cups all-purpose flour

1/4 teaspoon salt

### Directions:

1. Preheat the oven to 350 degrees F.
2. Chop the lavender up very finely, until it is almost a powder.
3. Mix together the butter, sugar, and lavender until combined and spread around the bowl.  
Add the vanilla and mix just until it disappears.
4. Sift together the flour and salt, then gradually add it to the butter and sugar mixture with the mixer on low speed. Once the flour has been mixed in, dump the dough onto your lightly floured countertop, and shape it into a flat disk. Wrap it up in plastic wrap and let it chill in the refrigerator for 30 minutes.
5. Roll the dough about 1/2-inch thick on a lightly floured surface and use a pastry scraper (or knife) to cut into 3 x 3 inch squares.
6. Bake the cookies on an ungreased baking sheet for 25-35 minutes, until the cookies are golden brown on the edges. Let the cookies cool on a wire rack to room temperature, and enjoy!

Lisa's notes: I must admit I was a little nervous about this recipe with the lavender but as always the Leslie family delivers! This is a scrumptious shortbread cookie and that hint of lavender is sweet and refreshing.

### Maw Maw's Green Beans (Brian's grandmother)

1 (15 oz.) can of green beans – kitchen cut or whole  
1 ½ -2 teaspoons Sugar  
1 Tablespoon butter  
2 strips of fatback (optional)  
Black Pepper

In a medium-size pot, add un-drained green beans, sugar, butter, fatback and black pepper. Do not add salt to the beans because salt is already in the can. Cook on high heat until not much liquid is left in the pot, approximately 15-20 minutes. Remember to watch the liquid so you don't burn the beans.

Lisa's Notes: Now I know how to make canned green beans taste homemade. This is how our grandmother used to cook her green beans too so I am glad Brian's Maw Maw shared the secret.